



DEPARTMENTS OF THE ARMY AND THE AIR FORCE
NATIONAL GUARD BUREAU
111 SOUTH GEORGE MASON DRIVE
ARLINGTON, VA 22204-1382

NGB-ARS

8 December 2004

MEMORANDUM FOR Army National Guard State Surgeons

SUBJECT: US Army Pregnancy and Postpartum Physical Training (PPPT) Program

1. The Army Medical Department, through the US Army Center for Health Promotion and Preventive Medicine, has developed a PPPT Program for use across the Army.

a. The purpose of this program is to help pregnant and postpartum Soldiers to maintain fitness during pregnancy, prevent excess body fat gain, support healthy deliveries, and maximize a return to fitness after delivery.

b. One goal of the PPPT Program is to offer individualized training materials that provide a safe, standardized physical training and education program for Army National Guard pregnant and postpartum military service members.

c. The PPPT Program can encourage female Soldier readiness with the least amount of impact on the mission Army National Guard units.

d. Soldiers on a pregnancy-related profile should participate in the PPPT Program in lieu of organized unit PT programs.

2. The PPPT program was written by subject matter experts and approved by subject-related Office of the Surgeon General consultants. It consists of two components; a physical training program and an educational series.

a. The physical training program covers the physical, physiological and psychological changes that occur during pregnancy and postpartum. The materials provide specific exercise demonstrations and exercise program planning guidance for pregnant and postpartum military members that emphasize safety and a progressive return to fitness. Since the exercises are taught in the instructional materials, an on-site instructor is not required.

b. Limited quantities of these materials have been sent to the State Surgeons and are provided as reference documents for staff and cadre in your command and control area, distribute at your discretion. They should not be distributed directly to pregnant and postpartum military members or used by them without first receiving medical clearance. If interested in obtaining additional materials they can be ordered through the website provided below.

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3. A pregnant or postpartum military member must first receive medical clearance from her health care provider to participate in the physical training component of the PPPT program.

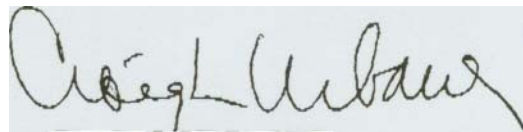
a. A health care provider information sheet/ approval form and program materials order form, with submission instructions, are available on the PPPT home page through the Hooah4Health website, <http://www.hooah4health.com/>.

b. The program materials include one manual: the Reserve/National Guard/Remote Soldier Workbook (TG 255F), and set of two videos: Pregnancy Physical Training for the Reserve/ National Guard/ Remote Soldier (TVT 8-457) and Postpartum Physical Training for the Reserve/ National Guard/ Remote Soldier (TVT 8-461). These will be mailed directly to the Soldier once their medical clearance has been received.

4. Pregnant and postpartum military members can access the educational series through links to the web-based presentations located on the PPPT home page via the Hooah4Health website, <http://www.hooah4health.com/>. This component of the program provides guidance on most of the physical, mental, emotional, social, financial, and career issues related to pregnancy for the military service member. No medical clearance is required to access this program component.

5. We encourage you to communicate the usefulness of the PPPT program to unit commanders, first sergeants, drill sergeants, and individual soldiers. Please share this information with the pregnant and postpartum military members in your organization and encourage and support their participation. A full program description can be found at on the PPPT home page through the Hooah4Health website, <http://www.hooah4health.com/>.

6. If you have any questions concerning the utilization of these materials, please contact LTC Diane Brown at the Army National Guard Surgeon's office at (703) 607-7143.

A handwritten signature in black ink, appearing to read "Craig L. Urbauer", is shown on a light blue background.

CRAIG L. URBAUER
COL, MC
Chief Surgeon, NGB